

Wednesday 20th January, 2021

RE: Support and service for mental health and wellbeing:

Dear Parent/Carer,

I am writing to you to signpost support services for you to access in the event that your child is struggling with their mental health during this current lockdown. I have included links and phone numbers. In addition you can contact the school at any time via the Whisper button and/or concerns@hdhs.school.

This list is not exhaustive - so if you need further guidance we stand ready to support you to find the service you need.

Emotional Wellbeing and Mental Health Service: A free service providing both preventative resources and targeted, specialist emotional wellbeing and mental health support for young people aged between 0-18, living in Southend, Essex or Thurrock. EWMHS is also available to anybody with Special Educational Needs (SEN) up to the age of 25.

Phone: 0300 300 1600

Website: www.nelft.nhs.uk

Teentalk: A free and confidential information and support service for young people aged 11-25 years in Tendring, Essex.

Phone: 01255 405800

Website: www.teentalkharwich.co.uk

YoungMinds: Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

SANE: Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

STEM4

Stem4 is a charity that supports positive mental health in teenagers. Information on mental health, mental health apps and education.

Website: Stem4.org.uk

KOOTH

Kooth is an online **mental** wellbeing community. Access free, safe and anonymous **support**.

Website: www.kooth.com

Livewell campaign: The livewell campaign aims to provide help during Covid 19 pandemic. It is designed to engage communities, families and individuals with the aim of providing information about all that is on offer in Essex to improve health and wellbeing.

Website: www.livewellcampaign.co.uk

The Samaritans: The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings.

Phone: 01245 357357 (Local Helpline) Tel: 08457 909090 (National Helpline)

Website: www.samaritans.org

NSPCC: A 24 hour free confidential helpline for children and young people

Phone: 0800 8005000

Website: www.nspcc.org.uk

Childline: Provides help, advice and counselling on a range of issues affecting children and young people.

Phone: 0800 1111

Website: www.childline.org.uk

Anna Freud National Centre for Children and Families: A children's charity dedicated to providing mental health support, information and practical resources for children, families

Phone: (0)20 7794 2313

Website: www.annafreud.org

Y.e.s. Youth Enquiry Service (Colchester): A confidential, non-judgemental and informal service for young people between the ages of 11 and 25 within Colchester and Tendring, who are facing difficulties in their lives.

Phone: 01206 710711

Website: www.yesyouthenquiryservice.org

As ever, if you require any support and guidance, please do not hesitate to contact us at the school.

Yours faithfully,

A handwritten signature in cursive script that reads "James Loten". The signature is written in black ink and is positioned below the text "Yours faithfully,".

J. W. Loten

Deputy Headteacher and Designated Safeguarding Lead